

(These items were developed by teachers for the Technical Skills Assessment. Below is a sample item for each program standard.)

Question 1 of 11

Which plexus is formed by nerves exiting at C5-T1?

- ☐ A) Brachial
- ☐ B) Cervical
- ☐ C) Coccygeal
- ☐ D) Lumbosacral

Question 2 of 11

Under which condition is a massage ABSOLUTELY contraindicated?

- ☐ A) Bursitis
- ☐ B) Dermatitis
- ☐ C) Warts
- ☐ D) Toxemia

Question 3 of 11

What is the BEST way to file client records?

- ☐ A) By date
- ☐ B) Alphabetically
- ☐ C) By treatment
- ☐ D) Numerically

Question 4 of 11

What does A.E.D. represent in first aid?

- ☐ A) Applied Electrode Defibrillator
- ☐ B) Automatic Electrotherapy Device
- ☐ C) Automated External Defibrillator
- ☐ D) Automated Electronic Device

Question 5 of 11

What action SHOULD the therapist take if he/she notices bruising and suspects abuse?

- ☐ A) Contact Adult Protective Services
- ☐ B) Call the police
- ☐ C) Do nothing
- ☐ D) Report to caregiver

Question 6 of 11

Always maintaining physical contact with the client has what effect on the client?

- ☐ A) Agitates
- ☐ B) Comforts
- ☐ C) Overwhelms
- ☐ D) Stimulates

Question 7 of 11

What is NOT a contraindication for the application of cold therapy?

- ☐ A) Cold intolerance
- ☐ B) Swelling
- ☐ C) Skin lesions
- ☐ D) Poor circulation

Question 8 of 11

What is the "C" in the acronym R.I.C.E.?

- ☐ A) Care
- ☐ B) Compression
- ☐ C) Cold
- ☐ D) Comfort

Question 9 of 11

What layer of connective tissue surrounds an entire muscle?

- ☐ A) Endomysium
- ☐ B) Perimysium
- ☐ C) Periosteum
- ☐ D) Epimysium

Question 10 of 11

What position best describes the client during a polarity session?

- ☐ A) Supine
- ☐ B) Side-lying
- ☐ C) Semi-reclining
- ☐ D) Prone

Question 11 of 11

What are the characteristics of massage for palliative care?

- ☐ A) Gentle and very deep
- ☐ B) Slow and gentle
- ☐ C) Slow and very deep
- ☐ D) Quick and firm

Therapeutic Massage Sample Test Answer Key

Question	Answer
1.	A
2.	D
3.	B
4.	C
5.	A
6.	B
7.	B
8.	B
9.	D
10.	A
11.	B